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ABSTRACT

This monograph presents the health education framework developed for the public schools in Tennessee, and designed to serve as a basis for health curriculum development and implementation in grades K-12. The comprehensive health education program covers ten major areas: (1) community health; (2) consumer health; (3) disease control; (4) environmental health; (5) family life; (6) mental health; (7) nutrition; (8) personal health; (9) safety and first aid; and (10) substance use and abuse. The goals and objectives of these areas are stated and described for all grade levels. (JD)

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HEALTH

CURRICULUM FRAMEWORK

STATE of TENNESSEE

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STATE STEERING COMMITTEE

James M. Gumm, Health Consultant
State Department of Education

Gene Ezell
University of Tennessee, Chattanooga

Pam Womack
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Elizabethton

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Knox County

GOALS OF EDUCATION IN TENNESSEE

Health education is essential to the achievement of the goals of education set forth by the State Board of Education. Rules, Regulations, and Minimum Standards, (Section 0520-1-3-.02) requires a planned program of health instruction for every child in kindergarten through grade eight, and one-half unit of credit in health education for graduation from high school. This Health Education Framework is designed to facilitate the accomplishment of the State Board of Education's goals which are stated in Rules, Regulations, and Minimum Standards as follows:

Every Person Should:

(a) HAVE COMPETENCE IN THE FUNDAMENTALS OF LEARNING AND COMMUNICATION

(b) DEVELOP SKILLS AND ATTITUDES WHICH FACILITATE LEARNING

(c) HAVE SUFFICIENT INFORMATION TO REALIZE LIFE GOALS

(d) KNOW THE PRINCIPLES, HABITS, AND ATTITUDES CONDUCIVE TO GOOD PHYSICAL AND MENTAL HEALTH

(e) ESTABLISH AND MAINTAIN SATISFACTORY RELATIONSHIPS WITH OTHERS

(f) KNOW AND PRACTICE THE BASIC REQUIREMENTS OF RESPONSIBLE CITIZENSHIP

(g) HAVE COMPETENCE IN THE USE OF NATURAL RESOURCES AND IN MAINTENANCE OF ECOLOGICAL BALANCE

(h) ACQUIRE CAREER INFORMATION AND ECONOMIC COMPETENCE

(i) APPRECIATE CULTURAL AND AESTHETIC VALUES

(j) BE AWARE OF THE INCREASING INTERDEPENDENCE AMONG PEOPLE AND NATIONS

GOALS OF HEALTH EDUCATION

The purpose of the Comprehensive Health Education Program is to help students reach their full educational potential through the understanding and practice of the principles of good physical and mental health. The following goals of the ten strands of health education are designed to facilitate the accomplishment of this purpose:

1. Community Health - Understanding the dependence of a community's health upon the health of all its citizens.

2. Consumer Health - Understanding the importance of wise decision-making in consumer health to the welfare of society.

3. Disease Control - Understanding the responsibility of individuals for their own health and for the health of others.

4. Environmental Health - Understanding the relationship between environmental influences and health conditions.

5. Family Life - Understanding the importance of interpersonal relationships and lifestyles to the quality of life.

6. Mental Health - Understanding factors involved in the development and maintenance of good mental health.

7. Nutrition - Understanding the importance of wise food choices and proper dietary habits to good health.

8. Personal Health - Understanding the dependence of wellness upon the maintenance of personal health.

9. Safety and First Aid - Understanding the importance of wise decision making by individuals in controlling loss of lives, personal injury, and property damage.

10. Substance Use and Abuse - Understanding the proper and improper use of medicines and drugs.

RATIONALE

The need for education in all areas of health is greater today than ever before. The vitality, productivity and longevity of Americans are now endangered by chronic diseases such as diabetes, cardiovascular conditions, and cancer. The incidence of these diseases depends, in large part, on choices people make each day - decisions on such things as exercise, diet, and the use of alcohol and drugs. There is currently great interest on the part of consumers in making informed choices - they want to know more and do more to keep themselves healthy.

Health education is a means of enabling people to assume a greater role in their own health care. Health education in the schools, kindergarten through grade 12, can help children develop a positive attitude about health, can provide them with information on ways to take care of their health, and can help them acquire skills to make health-related decisions now and in the future.

DESCRIPTION OF STRANDS

A. COMMUNITY HEALTH: Ways individuals contribute to the maintenance of good health in the community - Factors that contribute to good community health - Relationship of available health services to the quality of community life - Functions and services of various health organizations.

B. CONSUMER HEALTH: How individuals are influenced in making choices in the areas of health information, products, and services - Ways of evaluating commercial efforts to promote sale and purchase of various products and services - Government's role in regulating health products and services.

C. DISEASE CONTROL: Factors contributing to the development of various communicable diseases and disorders - Roles of various agencies and organizations in disease control - Ways of detecting, preventing and controlling a variety of diseases and other health problems.

D. ENVIRONMENTAL HEALTH: Factors involved in using and preserving the natural environment - The effect of environmental influences on health.

E. FAMILY LIFE: The roles and interrelationships of individuals within the family - Responsibilities and privileges of individual family members - Physical, mental, and social changes experienced during a lifetime - The family's responsibility for the healthy maturation and socialization of children.

F. MENTAL HEALTH: Appropriate handling of stress - Application of problem-solving skills in resolving individual and family concerns - Development of positive self-concept and respect for individual differences - The relationship between physical well-being and mental health.

G. NUTRITION: Sources of the principal nutrients - Functions of food in meeting body needs - Essential components of a balanced diet - Significance of eating a variety of foods - Potential influence of food fads - Fallacies concerning nutrition.

H. PERSONAL HEALTH: Development of positive health care habits - Health practices that help maintain the body and promote wellness, including grooming and physical fitness.

I. SAFETY AND FIRST AID: The identification and elimination of hazardous conditions or situations - Rules and procedures for safe living in the home, school, and community - Accident prevention - First aid and emergency care techniques.

J. SUBSTANCE USE AND ABUSE: Beneficial and appropriate versus harmful and inappropriate uses of substances - The impact of substance abuse on the individual - Prevention of substance abuse.

PREFACE

The Health Education Framework was developed by a statewide committee of health educators in accordance with Rules, Regulations, and Minimum Standards of the State Board of Education, Section 0520-1-3-.02. It is designed to serve as a basis for Health curriculum development and implementation, grades K-12. Each local school system is required to implement this framework beginning with the 1986-87 school year.

In grades K-8, the framework contains goals, concepts, and terminal objectives which are organized within ten strands of health education for each grade level. The goals identify what should be accomplished in each grade during one school year. The concepts serve as a basis for determining terminal objectives which state the target learnings in broad terms in order to accommodate a variety of resources, learning styles, and abilities. In grades 9-12 the goals, concepts, and content which constitute the minimum requirements for the one-half unit required for graduation are listed. Terminal objectives in grades K-8 usually begin with "To understand" which denotes not only the acquisition of knowledge, but the practical application of knowledge, as well. The objectives, grades K-12, are intended to represent the minimum requirements of an effective health education curriculum.

The numbers preceding each terminal objective in K-8 should be interpreted as follows:

Example - 661B1

First digit	6 = grade 6
Second digit	6 = subject (health)
Third digit	1 = goal
Fourth digit	B = strand (consumer health)
Fifth digit	1 = objective number

The State Department of Education will make available to local school systems sufficient copies of the framework to facilitate the development of curriculum guides which identify specific objectives to be taught at each grade level. The framework should provide direction and add stability to the statewide program of health education.

The health curriculum in grades K-12 shall include, but not necessarily be limited to, the skills and content contained in this framework. These skills and content shall be introduced and reinforced as necessary to help students achieve to their maximum potential.

HEALTH EDUCATION SKILLS

K-2

PROCESS SKILLS	READING/STUDY SKILLS	INTERPERSONAL RELATIONS AND ATTITUDES
Observing Describing Sorting and grouping objects Questioning Sequencing Drawing conclusions Using space/time relations Matching Telling Listing	Following directions Reading to find answers to questions Interpreting pictures Drawing pictures	Listening Cooperating Communicating orally and in writing Appreciating the ideas of others Appreciating the beauty of environment Developing a sense of responsibility Respecting rules and authority

HEALTH EDUCATION

GRADE: Kindergarten

GOAL: Ø61ØØ UNDERSTANDING VARIOUS ELEMENTS INVOLVED IN DEVELOPING AND MAINTAINING GOOD HEALTH

A	B	C	D	E
COMMUNITY HEALTH	CONSUMER HEALTH	DISEASE CONTROL	ENVIRONMENTAL HEALTH	FAMILY LIFE
CONCEPT: Community health is dependent upon the health of individuals. OBJECTIVES Ø61A1 - To understand various local communities of which students are a part. Ø61A2 - To identify various health helpers and their roles in the community. Ø61A3 - To understand individual responsibilities in promoting good health.	CONCEPT: Consumer behavior is a determinant of health marketing techniques. OBJECTIVES Ø61B1 - To understand the role of the individual as a health consumer. Ø61B2 - To understand factors involved in wise decision-making concerning health products and services.	CONCEPT: Individuals are responsible for their own health. OBJECTIVES Ø61C1 - To understand individual responsibility in preventing illness. Ø61C2 - To understand practices and resources important in the treatment of illnesses.	CONCEPT: Pollution management is important to the maintenance of good health. OBJECTIVES Ø61D1 - To understand various kinds of pollution within the immediate environment. Ø61D2 - To understand ways of controlling pollution. CONCEPT: Population size may affect health conditions. OBJECTIVES Ø61D3 - To understand some causes and effects of overcrowding. Ø61D4 - To recognize variations in family size.	CONCEPT: Family life involves interpersonal relationships. OBJECTIVES Ø61E1 - To understand the importance of various feelings in family relationships. Ø61E2 - To understand ways children can contribute to healthy family life.

GRADE: Kindergarten - continued

F	G	H	I	J
MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY AND FIRST AID	SUBSTANCE USE AND ABUSE
CONCEPT: Each person is unique and special. OBJECTIVES Ø61F1 - To understand ways individuals are similar. Ø61F2 - To understand ways individuals are different. CONCEPT: Emotions can be expressed in healthy ways. OBJECTIVES Ø61F3 - To identify healthy ways in which feelings may be expressed.	CONCEPT: Eating different foods contributes to a person's health. OBJECTIVES Ø61G1 - To understand what constitutes a balanced diet. Ø61G2 - To identify various foods within the four food groups.	CONCEPT: Appearance is related to health and fitness. OBJECTIVES Ø61H1 - To understand basic health practices which influence physical appearance.	CONCEPT: The practice of safety prevents accidents. OBJECTIVES Ø61I1 - To understand safety rules to be followed when playing. Ø61I2 - To understand how to be safe in a car. Ø61I3 - To demonstrate safe behavior in daily activities.	CONCEPT: Medicines may be helpful or harmful. OBJECTIVES Ø61J1 - To understand the role of medicines and drugs in keeping people healthy. Ø61J2 - To understand safe practices in the use of medicines and drugs.

HEALTH EDUCATION

GRADE: One

GOAL: 16100 UNDERSTANDING THE RELATIONSHIP OF VARIOUS PEOPLE AND RESOURCES TO HEALTH CONDITIONS

A	B	C	D	E
COMMUNITY HEALTH	CONSUMER HEALTH	DISEASE CONTROL	ENVIRONMENTAL HEALTH	FAMILY LIFE
CONCEPT: Community health is dependent upon the health of individuals. OBJECTIVES 161A1 - To understand the individual's role and responsibility as a member of various local communities. 161A2 - To identify characteristics of a healthy person and of a healthy community. 161A3 - To understand the importance of various workers to the promotion of good health.	CONCEPT: Various careers exist within the field of health. OBJECTIVES 161B1 - To understand the role of various types of workers in the field of health. CONCEPT: Health information is available from various sources. OBJECTIVES 161B2 - To understand how health information may be obtained.	CONCEPT: Individuals are responsible for the health of others. OBJECTIVES 161C1 - To understand how germs may be transmitted. 161C2 - To understand ways of preventing and controlling disease.	CONCEPT: Pollution control affects the quality of life. OBJECTIVES 161D1 - To identify results of pollution. 161D2 - To identify various effects of pollutants. CONCEPT: Population growth may result in overcrowding. OBJECTIVES 161D3 - To recognize various types of population 161D4 - To understand the effects of overcrowding on people.	CONCEPT: Family life involves interpersonal relationships. OBJECTIVES 161E1 - To understand the effect of family relationships upon mental and emotional health. OBJECTIVES 161E2 - To understand that all living things grow, develop, and produce their own kind.

GRADE: One, continued

F	G	H	I	J
MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY AND FIRST AID	SUBSTANCE USE AND ABUSE
CONCEPT: Each person is unique and special. OBJECTIVES 161F1 - To understand factors that contribute to individuality. CONCEPT: Suppression of emotions can be harmful. OBJECTIVES 161F2 - To understand the importance of expressing emotions in healthy ways.	CONCEPT: A balanced diet is essential to good health. OBJECTIVES 161G1 - To understand reasons for eating a variety of foods. 161G2 - To identify criteria for making wise decisions concerning diet.	CONCEPT: Personal health practices influence the quality of daily life. OBJECTIVES 161H1 - To identify factors affecting personal health. 161H2 - To understand basic factors affecting human growth and development.	CONCEPT: First aid knowledge and skill prepare individuals for certain emergency situations. OBJECTIVES 161I1 - To understand the importance of first aid and emergency assistance. CONCEPT: Observance of safety practices promotes good health. OBJECTIVES 161I2 - To identify ways of preventing accidents. 161I3 - To recognize environmental factors affecting health and safety.	CONCEPT: Medicines may be helpful or harmful. OBJECTIVES 161J1 - To understand proper and improper use of medicines and drugs. 161J2 - To understand how the effects of drugs may vary from one individual to another.

GRADE: Two

GOAL: 2610Ø UNDERSTANDING INDIVIDUAL RESPONSIBILITIES AND BENEFITS IN HEALTHY GROWTH AND DEVELOPMENT

A	B	C	D	E
COMMUNITY HEALTH	CONSUMER HEALTH	DISEASE CONTROL	ENVIRONMENTAL HEALTH	FAMILY LIFE
CONCEPT: Various factors influence community health. OBJECTIVES 261A1 - To identify factors that influence community health. 261A2 - To understand the importance of individual health practices to community health.	CONCEPT: Health products and services vary in many ways. OBJECTIVES 261B1 - To identify differences among health products and services. 261B2 - To understand how consumers are protected by laws and regulations related to health products and services.	CONCEPT: Individuals have responsibility for the health of others. OBJECTIVES 261C1 - To identify some of the causes of illness. 261C2 - To understand how germs are spread. 261C3 - To identify measures for preventing and controlling disease.	CONCEPT: Each individual has responsibility for pollution control. OBJECTIVES 261D1 - To identify ways to reduce pollution. CONCEPT: Efficient use of resources can lead to better health. OBJECTIVES 261D2 - To recognize the existence and reasons for hunger in the world. 261D3 - To understand ways in which people consume and conserve resources.	CONCEPT: Individuals share common interests. OBJECTIVES 261E1 - To recognize the right of individuals to participate in activities related to personal interests. CONCEPT: Families resolve differences in various ways. OBJECTIVES 261E2 - To identify ways to resolve differences within families.

GRADE: Two, continued

F	G	H	I	J
MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY AND FIRST AID	SUBSTANCE USE AND ABUSE
CONCEPT: Self-concept affects personality development. OBJECTIVES 261F1 - To identify components of a healthy self-concept. 261F2 - To understand the relationship between self-concept and personality. CONCEPT: Interpersonal relationships affect mental health. OBJECTIVES 261F3 - To understand the importance of positive interpersonal relationships. 261F4 - To understand the importance of effective communication to positive interpersonal relationships.	CONCEPT: A balanced diet promotes good health. OBJECTIVES 261G1 - To understand how dietary habits affect health. CONCEPT: Dietary habits are influenced by a variety of factors. OBJECTIVES 261G2 - To identify factors which influence dietary habits.	CONCEPT: Good health care practices are essential to maintaining health and preventing illness. OBJECTIVES 261H1 - To understand how good health care practices promote good health. 261H2 - To recognize factors that influence health care practices.	CONCEPT: Communities have resources for dealing with accidents and illness. OBJECTIVES 261I1 - To understand the role of various community resources in providing assistance for accidents and illness. CONCEPT: Accidents are potentially hazardous. OBJECTIVES 261I2 - To understand the potential results of accidents.	CONCEPT: Appropriate use of medicines contributes to a healthier world. OBJECTIVES 261J1 - To understand the proper and improper use of medicines and drugs.

HEALTH EDUCATION SKILLS

3-4

PROCESS SKILLS	READING/STUDY SKILLS	INTERPERSONAL RELATIONS AND ATTITUDES
Observing Describing Classifying Predicting Questioning Sequencing Collecting data Recording data Analyzing data Drawing conclusions Labelling diagrams Identifying problems and possible solutions Matching	Following directions Reading to find answers to questions Interpreting pictures Identifying the main idea Comparing and contrasting ideas and information Interpreting tables, graphs, and diagrams Constructing tables, graphs, and diagrams Interpreting symbols Reading for details Locating needed information in the library Drawing pictures Analyzing and interpreting data	Demonstrating effective posture Listening Cooperating Communicating orally and in writing Appreciating the ideas of others Understanding how our activities affect the environment Appreciating the beauty of nature Developing a sense of responsibility Respecting rules and authority

HEALTH EDUCATION

GRADE: Three

GOAL: 36100 UNDERSTANDING THE IMPACT OF INDIVIDUAL AND COMMUNITY BEHAVIOR ON HEALTH

A	B	C	D	E
COMMUNITY HEALTH	CONSUMER HEALTH	DISEASE CONTROL	ENVIRONMENTAL HEALTH	FAMILY LIFE
CONCEPT: Community health is influenced by many factors. OBJECTIVES 361A1 - To understand the influence of individual health upon community health. 361A2 - To understand the relationship between available health services and the quality of community health.	CONCEPT: Consumers must make decisions concerning health products and services. OBJECTIVES 361B1 - To understand the importance of obtaining reliable information regarding health products and services. 361B2 - To understand the role of various community health advisors. 361B3 - To understand the effects of self-diagnosis and self-medication.	CONCEPT: Diseases can be prevented and controlled. OBJECTIVES 361C1 - To identify ways of preventing various diseases. 361C2 - To identify ways of controlling various diseases. 361C3 - To understand the role of personal choice on individual and community health.	CONCEPT: Efficient use of natural resources can lead to more desirable health. OBJECTIVES 361D1 - To understand the importance of technology in wise use of natural resources. 361D2 - To understand how natural resources may be either used or misused. 361D3 - To identify ways of conserving natural resources.	CONCEPT: Family life involves interpersonal relationships. OBJECTIVES 361E1 - To understand how family members contribute to the mental and emotional health of one another. 361E2 - To demonstrate the importance of respecting the rights of others. 361E3 - To understand the relationship between personal rights and the rights of others.

GRADE: Three, continued

F	G	H	I	J
MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY AND FIRST AID	SUBSTANCE USE AND ABUSE
CONCEPT: Every individual possesses worthwhile qualities. OBJECTIVES 361F1 - To understand how individual qualities make persons unique. CONCEPT: Personality development is affected by physical change. OBJECTIVES 361F2 - To understand the effect of physical changes on personality	CONCEPT: Dietary habits influence the quality of health. OBJECTIVES 361G1 - To understand how foods affect the quality of health. 361G2 - To understand the importance of cleanliness in handling and consuming food.	CONCEPT: Personal health practices affect appearance, health, and fitness. OBJECTIVES 361H1 - To understand the influence of personal health practices on growth and development. 361H2 - To understand the effect of decisions on personal health practices.	CONCEPT: Knowledge and practice of safety procedures reduce injuries and deaths. OBJECTIVES 361I1 - To understand the safety procedures to follow in case of natural or man-made disasters. 361I2 - To understand the importance of first aid and emergency care.	CONCEPT: Drugs/medicines may be helpful and harmful and are controlled by society. 361J1 - To understand the proper and improper use of drugs/medicines. 361J2 - To understand how certain commonly used substances may be misused. 361J3 - To understand emergency procedures and resources related to substance abuse. 361J4 - To understand regulations governing substance use and abuse.

HEALTH EDUCATION

GRADE: Four

GOAL: 46100 UNDERSTANDING THE IMPACT OF VARIOUS AGENCIES, ORGANIZATIONS, PRODUCTS, AND CHANGES ON HEALTH CONDITIONS

A	B	C	D	E
COMMUNITY HEALTH	CONSUMER HEALTH	DISEASE CONTROL	ENVIRONMENTAL HEALTH	FAMILY LIFE
CONCEPT: There are many influences on the health of a community. OBJECTIVES 461A1 - To understand various factors having influence on health care services in a community. 461A2 - To identify influential public, professional, and voluntary agencies and their roles in community health.	CONCEPT: Good judgment should be exercised in the purchase and use of health products. OBJECTIVES 461B1 - To understand methods used in marketing health-related products. 461B2 - To understand the role of agencies, groups, laws, and standards in protecting consumers of health-related products.	CONCEPT: Disease affects individuals, families, communities and even entire countries. OBJECTIVES 461C1 - To understand different classifications of diseases. 461C2 - To understand methods of protection from diseases. 461C3 - To understand how various diseases spread.	CONCEPT: Population size may affect health conditions. OBJECTIVES 461D1 - To understand the relationship between population size and degree of poverty. 461D2 - To understand the effects of overpopulation.	CONCEPT: Friendship is characterized by certain qualities. OBJECTIVES 461E1 - To understand the nature of friendship and the qualities that make a good friend. CONCEPT: Various factors affect relationships among people. 461E2 - To understand the impact of such factors as peer pressure, family background, and community standards on a person's life.

GRADE: Four, continued

F	G	H	I	J
MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY AND FIRST AID	SUBSTANCE USE AND ABUSE
CONCEPT: Interpersonal relationships affect mental health. OBJECTIVES 461F1 - To understand ways of developing interpersonal relationships. 461F2 - To identify characteristics of positive interpersonal relationships. CONCEPT: Emotions affect behavior. OBJECTIVES 461F3 - To understand different ways in which emotions may be expressed.	CONCEPT: Food and energy needs are related. OBJECTIVES 461G1 - To understand the relationship of food and exercise to good health. 461G2 - To understand how meals contribute to family life.	CONCEPT: Personal health care is important throughout life. OBJECTIVES 461H1 - To understand the relationship between personal health practices and well-being. 461H2 - To understand the effect of personal choices on health practices. 461H3 - To understand basic requirements for proper growth and development.	CONCEPT: Safety knowledge and practice reduce the risk of accidents. OBJECTIVES 461I1 - To understand various safety measures that help prevent accidents. 461I2 - To understand the relationship of human error to accidents. 461I3 - To understand basic steps in providing first aid to the sick or injured.	CONCEPT: Drugs/medicines may affect individuals in a variety of ways. OBJECTIVES 461J1 - To understand how drugs/medicines may be used properly or misused. 461J2 - To understand various ways in which individuals may be affected by drug use and misuse.

HEALTH EDUCATION SKILLS

5-6

PROCESS SKILLS	READING/STUDY SKILLS	INTERPERSONAL RELATIONS AND ATTITUDES
Observing Describing Classifying Measuring Questioning Sequencing Collecting data Recording data Analyzing data Drawing conclusions Labelling diagrams Identifying problems and possible solutions Formulating models	Following directions Reading to find answers to questions Interpreting pictures Identifying the main idea Comparing and contrasting ideas and information Interpreting tables, graphs, and diagrams Constructing tables, graphs, and diagrams Interpreting symbols Reading for details Locating needed information in the library Summarizing Writing reports Judging the relevance of information Taking notes	Listening Cooperating Communicating orally and in writing Appreciating the ideas of others Understanding how our activities affect the environment Appreciating the beauty of nature Developing a sense of responsibility Respecting rules and authority Relating health information to everyday experiences Demonstrating group work skills Developing an understanding for the relationship among technology, and society Being open-minded Developing decision-making skills

GRADE: Five

HEALTH EDUCATION

GOAL: 56100 UNDERSTANDING VARIOUS ELEMENTS ESSENTIAL TO GOOD HEALTH

A	B	C	D	E
COMMUNITY HEALTH	CONSUMER HEALTH	DISEASE CONTROL	ENVIRONMENTAL HEALTH	FAMILY LIFE
CONCEPT: Various factors and agencies affect community health. OBJECTIVES 561A1 - To understand social and environmental factors that contribute to good community health. 561A2 - To understand home and school responsibilities in regard to community health.	CONCEPT: Certain variables influence selection and use of health information, products and services. OBJECTIVES 561B1 - To understand the effect of emotions, family relationships, and values on the selection and use of health information, products and services. 561B2 - To understand the role of various health-related specialists.	CONCEPT: Diseases may be prevented, controlled or cured. OBJECTIVES 561C1 - To understand how the physical body may prevent or control communicable disease. 561C2 - To understand the role of public health personnel in preventing and controlling disease. 561C3 - To understand ways of preventing the spreading of diseases.	CONCEPT: Natural resources may be renewable or non-renewable. OBJECTIVES 561D1 - To understand the difference between renewable and non-renewable resources. 561D2 - To understand the relationship of wise use of natural resources to good health.	CONCEPT: Physical changes in people occur as the result of heredity and hormonal change. OBJECTIVES 561E1 - To understand the importance of various types and patterns of interpersonal relationships to the maintenance of good health. 561E2 - To understand changes associated with puberty.

GRADE: Five, continued

F	G	H	I	J
MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY AND FIRST AID	SUBSTANCE USE AND ABUSE
CONCEPT: Personality traits influence family and peer relationships. OBJECTIVES 561F1 - To understand factors involved in healthy relationships. CONCEPT: Effective communication is essential to good mental health. OBJECTIVES 561F2 - To understand how to communicate effectively.	CONCEPT: Food quality and eating patterns influence health conditions. OBJECTIVES 561G1 - To understand the effect of food nutrients on health. 561G2 - To understand the relationship between environmental factors and eating patterns.	CONCEPT: Personal health is affected by practices and choices throughout life. OBJECTIVES 561H1 - To understand the relationship between personal health choices and individual well-being. 561H2 - To understand the make-up of the human body.	CONCEPT: Health and safety are related to human behavior and to environmental factors. OBJECTIVES 561I1 - To understand the relationship between human behavior and accidents. 561I2 - To understand the effects of environmental factors on health and safety.	CONCEPT: Drugs/medicines may have various effects. OBJECTIVES 561J1 - To understand how drugs/medicines are beneficial to individuals and to society. 561J2 - To understand why various commonly-used substances are not essential for a healthy, happy life.

GRADE: Six

HEALTH EDUCATION

GOAL: 66ØØ UNDERSTANDING THE CONCEPT OF WELLNESS AND THE FACTORS INVOLVED IN MAINTAINING IT

A	B	C	D	E
COMMUNITY HEALTH	CONSUMER HEALTH	DISEASE CONTROL	ENVIRONMENTAL HEALTH	FAMILY LIFE
CONCEPT: Various groups contribute to the health of a community. OBJECTIVES 661A1 - To understand the importance of organizations to the status of health in a community. CONCEPT: Handicapped persons have special health needs. OBJECTIVES 661A2 - To understand the importance of services for the handicapped to overall community health.	CONCEPT: Consumer education is essential in the field of health. OBJECTIVES 661B1 - To understand the various techniques utilized in marketing health products and services. 661B2 - To understand the potential results of self-diagnosis, self-medication, and unwise use of various products and services. 661B3 - To understand the qualifications and responsibilities of various health vendors and industries.	CONCEPT: Understanding of wellness helps prevent and control disease. OBJECTIVES 661C1 - To understand how individuals are motivated to prevent and control disease. CONCEPT: Diseases may be acute or chronic; communicable or non-communicable. OBJECTIVES 661C2 - To understand causes and characteristics of various types of diseases.	CONCEPT: Pollutants affect life and health. OBJECTIVES 661D1 - To understand the effects of various types of pollutants. CONCEPT: Technology may have varied effects on health. OBJECTIVES 661D2 - To understand the beneficial and detrimental effects of technology on health.	CONCEPT: Physical changes occur in people as the result of heredity and hormonal change. OBJECTIVES 661E1 - To understand changes associated with puberty. 661E2 - To understand how heredity affects the body.

GRADE: Six, continued

F	G	H	I	J
MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY AND FIRST AID	SUBSTANCE USE AND ABUSE
CONCEPT: Personality and communication are factors affecting mental health. OBJECTIVES 661F1 - To understand personality traits which enhance mental health. 661F2 - To understand and practice effective communication skills.	CONCEPT: Individuals make decisions affecting nutrition. OBJECTIVES 661G1 - To understand criteria for making proper decisions concerning food selection.	CONCEPT: Established health patterns affect the quality of life. OBJECTIVES 661H1 - To understand the importance of decisions, habits, and lifestyle to personal well-being. 661H2 - To understand the importance of personal health practices to the process of growth and development.	CONCEPT: Safety education contributes to quality of life. OBJECTIVES 661I1 - To understand and practice rules of safety. 661I2 - To understand appropriate response to both natural and man-made disasters.	CONCEPT: Individuals face decisions concerning medicines and drugs. OBJECTIVES 661J1 - To understand factors which motivate individuals to misuse drugs. 661J2 - To understand how knowledge of individual needs, goals, and values contributes to wise decision-making in regard to medicines and drugs.

HEALTH EDUCATION SKILLS

7-8

PROCESS SKILLS	READING/STUDY SKILLS	INTERPERSONAL RELATIONS AND ATTITUDES
Observing Describing Classifying Measuring Questioning Sequencing Using space/time relations Collecting data Recording data Analyzing data Drawing conclusions Labelling diagrams Identifying problems and possible solutions Using a taxonomic key Formulating models Controlling variables Designing experiments Using laboratory equipment	Following directions Reading to find answers to questions Interpreting pictures Identifying the main idea Comparing and contrasting ideas and information Interpreting tables, graphs, and diagrams Constructing tables, graphs, and diagrams Interpreting symbols Reading for details Locating needed information in the library Distinguishing between fact and opinion Summarizing Writing health reports Judging the relevance of information Taking notes Judging the authenticity of information	Listening Cooperating Communicating orally and in writing Appreciating the ideas of others Understanding how our activities affect the environment Appreciating the beauty of nature Developing a sense of responsibility Respecting rules and authority Relating health information to everyday experiences Demonstrating group work skills Being open-minded Developing decision-making skills

HEALTH EDUCATION

GRADE: Seven

GOAL: 76100 UNDERSTANDING THE PRINCIPLES OF GOOD HEALTH AND THEIR APPLICATION

A	B	C	D	E
COMMUNITY HEALTH	CONSUMER HEALTH	DISEASE CONTROL	ENVIRONMENTAL HEALTH	FAMILY LIFE
CONCEPT: Promotion and protection of health are essential at all levels. OBJECTIVES 761A1 - To understand individual, community, state, national, and international responsibilities to good health.	CONCEPT: Business and government influence the marketing of health products and services. OBJECTIVES 761B1 - To understand the role of government in regulating health products and services. 761B2 - To understand advertising benefits and techniques.	CONCEPT: Diseases can be controlled. OBJECTIVES 761C1 - To understand the relationship of mental, emotional, and social factors to disease prevention. 761C2 - To understand the role of agencies and organizations in disease control.	CONCEPT: Environment affects life and health. OBJECTIVES 761D1 - To understand the influence of environmental factors on physical development, health conditions, and survival. 761D2 - To understand the causes and effects of world population problems.	CONCEPT: Interpersonal relationships affect psychosocial sexual maturity. OBJECTIVES 761E1 - To understand the importance of healthy experiences with family and peers in achieving psychosocial sexual maturity 761E2 - To understand different forms of love at various stages of development.

GRADE: Seven, continued

F	G	H	I	J
MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY AND FIRST AID	SUBSTANCE USE AND ABUSE
CONCEPT: Communication and stress are factors affecting mental health. OBJECTIVES 761F1 - To understand various forms and components of effective communication. 761F2 - To understand the causes, effects, and ways of handling stress.	CONCEPT: Various factors affect decisions related to nutrition. OBJECTIVES 761G1 - To understand variables affecting individual nutritional requirements. 761G2 - To contrast fad and balanced diets.	CONCEPT: Heredity and environment influence growth and development. OBJECTIVES 761H1 - To understand health problems associated with adolescense. 761H2 - To understand the effects of emotional and social forces on personal health behavior.	CONCEPT: Personal and social pressures influence attitudes toward the practice of safety. OBJECTIVES 761I1 - To understand how personal desires and social pressures relate to risk-taking. 761I2 - To understand factors involved in disaster modification and control.	CONCEPT: Drugs may be useful or harmful. OBJECTIVES 761J1 - To understand the use of drugs in improving health. 761J2 - To understand the harmful effects of misuse of drugs.

GRADE: Eight

HEALTH EDUCATION

GOAL: 86100 UNDERSTANDING THE PRINCIPLES OF GOOD HEALTH AND THEIR APPLICATION

A	B	C	D	E
COMMUNITY HEALTH	CONSUMER HEALTH	DISEASE CONTROL	ENVIRONMENTAL HEALTH	FAMILY LIFE
CONCEPT: Public health developments affect community health. OBJECTIVES 861A1 - To understand the role of public health services in community health.	CONCEPT: Individuals make choices concerning health. OBJECTIVES 861B1 - To understand individual responsibility in choosing health products and services. 861B2 - To identify differences among various health-related careers.	CONCEPT: Various means are used to control disease. OBJECTIVES 861C1 - To understand the prevention, control and effects of disease.	CONCEPT: Environment affects life and health. OBJECTIVES 861D1 - To understand the effect of pollution on ecosystems. 861D2 - To understand the importance of energy conservation and pollution control. 861D3 - To understand the existence of attitudinal differences between environmentalists and many industrialists.	CONCEPT: Interpersonal relationships affect psychosocial sexual maturity. OBJECTIVES 861E1 - To understand the need for and the forms of companionship. 861E2 - To understand similarities and differences between male and female. 861E3 - To understand criteria for healthy dating behavior.

GRADE: Eight, continued

F	G	H	I	J
MENTAL HEALTH	NUTRITION	PERSONAL HEALTH	SAFETY AND FIRST AID	SUBSTANCE USE AND ABUSE
CONCEPT: Independent thinking and decision-making are important to good health. OBJECTIVES 861F1 - To understand factors affecting the development of values. 861F2 - To understand causes, effects and ways of handling stress	CONCEPT: Nutritional habits affect health. OBJECTIVES 861G1 - To understand how nutrition affects physical, mental, emotional, and social development. 861G2 - To understand cultural differences in relation to food habits.	CONCEPT: Individuals have responsibility for their health. OBJECTIVES 861H1 - To understand unique traits of adolescents. 861H2 - To understand the immediate and long-range effects of decisions concerning personal health.	CONCEPT: Attitudes and emotions may affect the incidence of accidents. OBJECTIVES 861I1 - To understand the relationship of human and environmental factors to the risk of accidents. 861I2 - To understand ways of coping with various kinds of disasters.	CONCEPT: Drugs may be useful or harmful. OBJECTIVES 861J1 - To understand the proper use of drugs. 861J2 - To understand factors involved in wise and safe use of drugs. 861J3 - To understand major drug treatment programs and their importance.

HEALTH EDUCATION - GRADES 9-12

RATIONALE

Health Education provides the student with the knowledge, skills and attitudes to develop and to maintain habits of good physical, mental and emotional health. Good health is essential to achievement of the goals of education and to productive and satisfying life-styles.

GOALS:

1. The student will recognize that accidents generally result from a combination of human error and environmental factors, and that proper knowledge and skills can lead to safer lives.

2. The student will learn that drug use may be useful, harmful or non-essential for a healthy, happy life.

3. The student will recognize that appearance, health, and fitness are interrelated and dependent upon the degree to which personal health needs are met.

4. The student will know that food selection and eating patterns are determined by social, psychological, environmental, economic, and cultural factors.

5. The student will know that each person is unique and special and has many good qualities.

6. The student will understand that more desirable health may be obtained by effective population dynamics, better management of pollution, efficient utilization of our resources, and by improved technology.

7. The student will know that individuals are responsible for their health and for the health of others, and they can prevent and control disease with the help of community health professionals.

8. The student will learn that many variables interact to influence health consumer and health marketing behavior.

9. The student will understand that a community's health is the sum of the health of its citizens and many persons and organizations are involved in the promotion and protection of the communal health.

*10. The student will understand the importance of refraining from sexual activity until mature and capable of undertaking commitments and family responsibilities.

CONCEPTS:

1. Accidents are related to human frailties and complex behavioral factors.
2. First aid and emergency care knowledge and skills prepare individuals for emergency situations.
3. Drugs/Medicines assist in reduction or elimination of many health problems.
4. Drugs/Medicines are categorized by their potency, societal use, and effects on the individual.
5. Self-motivation is necessary if personal health is to be maintained throughout life.
6. Physical, emotional and social factors can encourage either an active or sedentary lifestyle.
7. A variety of factors affect the sequence of growth and development.
8. Various factors affect an individual's diet.
9. Emerging trends in society affect dietary patterns.
10. Independent thinking and choosing from acceptable alternatives are important in establishing values.
11. There are several types of treatment for mental illness.
12. More desirable health will be attained by effective population dynamics and by better management of pollution.
13. Efficient utilization of natural resources and improved technology will bring about more desirable health.
14. There are reciprocal relationships involving man, disease and environment.
15. Diseases can be acute, chronic, communicable and noncommunicable.
16. Individual consumers influence health marketing techniques, products and services.
17. The individual has responsibility in choosing health products and services.
18. Health careers differ in responsibilities, pay and necessary training.
19. Community health activities have an impact on specific population groups.

CONCEPTS (continued)

20. Community health programs have an impact on a community's health status.

*21. The family develops interpersonal relationships and patterns of living.

*22. Psychosocial sexual maturity is developed through experience with the family, peer groups and members of the opposite sex.

*23. Physical changes lead to adulthood and are the result of heredity and hormonal changes.

*24. Childbirth and child care are responsibilities of the mature adult.

CONTENT:

1. Understanding how safety is related to healthful living.
2. Knowing the factors which contribute to accidents.
3. Understanding the importance of first aid and emergency care.
4. Knowing the careers available in emergency management.
5. Understanding how drugs and medicines have assisted in the reduction or elimination of many health problems.
6. Understanding future positive effects of drugs and medicines on society.
7. Understanding the ways that drug use, misuse and abuse is encouraged by society.
8. Describing social conditions that encourage drug misuse and abuse.
9. Understanding how different types of drugs affect the individual physiologically and psychologically.
10. Understanding how drug use, misuse and abuse causes problems to society.
11. Identifying ways that individuals can develop healthy life-styles without dependence on drugs, alcohol or tobacco.
12. Understanding that individuals can collectively help reduce the misuse and abuse of drugs.
13. Knowing that technological advances have influences on personal health practices.

CONTENT (continued)

14. Understanding the social and environmental factors that influence dietary habits.
15. Understanding the interrelationship between amount of energy used and the amount of food consumed to obtain ideal weight.
16. Understanding the role of nutrition in the maintenance of health.
17. Identifying the biological processes involved in making nutrients available to the body.
18. Recognizing the nutrition related problems in the United States today.
19. Being aware of common misconceptions about eating habits and special diets.
20. Analyzing the major factors that affect cost, quality and the variety of foods in the market place.
21. Knowing consumers rights in food labeling and advertising.
22. Recognizing the several ways in which food influences social interactions.
23. Understanding how values are involved in decision making.
24. Knowing the several types of mental illness.
25. Understanding the available resources for treatment of mental illness.
26. Understanding major types of pollutants and their health effects.
27. Discussing possible future life on this planet through use of natural resources and improved technology.
28. Recognizing the individual's potential for disease when one is unable to adapt to environmental conditions.
29. Understanding the interaction of environmental changes and scientific research in disease prevention and control.
30. Knowing the ways of preventing disease.
31. Identifying the modes of dissemination and infection.
32. Understanding the importance of heredity in one's susceptibility to disease.

CONTENT (continued)

33. Identifying the methods of long-term care for individuals afflicted with diseases.

34. Identifying health department and local government's role in disease prevention and control.

35. Listing the ways of paying for health care and related services.

36. Understanding the importance of preventive health activities.

37. Knowing the marketing techniques used in quackery.

38. Identifying the activities and groups that protect the consumer.

39. Understanding the factors contributing to the health status of a community.

40. Knowing the career opportunities within the health profession.

41. Knowing the influence of heredity and hormone upon physical changes leading to adulthood.

*42. Understanding the role of the family in the transmission of values, attitudes, behavior, and personality of its members.

*43. Identify the responsibilities each member has toward maintaining the family as a happy and effective social institution.

*44. Describing situations that could cause conflicts and problems within a family.

*45. Identifying ways to become acquainted with the opposite sex.

*46. Understanding the purposes of dating, courtship, mate selection and engagement.

*47. Developing a code of ethics for responsible sexual relationships.

*48. Discussing the commitment marriage represents.

*49. Understanding factors which contribute to the success or failure of a marriage.

*50. Identifying the reproduction systems of the male and female.

*51. Describing the reproductive cycles of the female.

CONTENT (continued)

*52. Understanding the diagnosis of pregnancy.

*53. Identifying and explaining the stages of birth and types of delivery available.

*54. Understanding attitudes and laws pertaining to unwanted or unplanned pregnancies.

* Denotes items referring to family life education.

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